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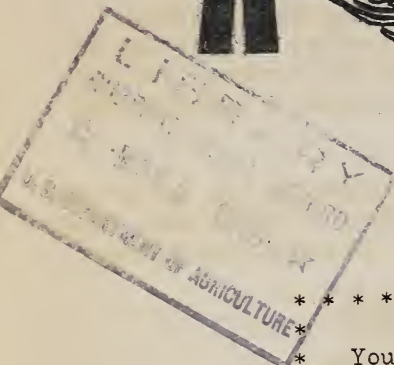
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MONTHLY

# INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals  
and groups promoting nutrition education

U. S. Department of Agriculture

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## For July -- It's a Salad

Cool, crisp, colorful salads are well on their way to becoming the "food of the month" for July. They're combining refreshment value with appetite appeal to conduct a major offensive against jaded, midsummer appetites, and it looks like a winning battle.

If you're looking for ammunition to join the fight, you'll find salad foods in plentiful supply. Cabbage, carrots, and tomatoes will be familiar items all during the month. Lettuce, spinach, cucumbers and green onions can be had for the asking -- and the purchase price.

## Ration Stretchers

Meal planners, all worn out from stretching dollar bills, can fix up a salad without the added chore of stretching ration points -- for salads are unrationed. What's more, they can be used for that national pastime known as "extending foods that are in short supply." Ham, chicken, canned fish, etc., will go further combined in a salad plate with say, cabbage, celery, tomatoes, or green peppers. It's a good Sunday trick to try at home -- and -- when you meet a salad face to face at the cafeteria counter, remember the plant has ration point troubles too. Help them stretch their points by choosing a salad and liking it.

## The People's Choice

Fresh fruit or vegetable salads pack a whale of a punch when it comes to the vitamins sometimes lacking in our meals -- Vitamins A and C. Tomatoes are at the "head of the class" of all the salad vegetables in these vitamins.

-- Office of Supply (CCC), Tenth Floor, Western Union Building, Atlanta 3, Georgia --  
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Carrots, like tomatoes, add color as well as food value to raw vegetable salads. Lettuce, endive, chickory, watercress, spinach, and green peppers -- are rich in vitamins.

Among the fruits, citrus fruits, cantaloupes, honeydew melons, and peaches make delicious vitamin-rich salads. A bumper peach crop is expected to reach the market in July. There will be enough of them for a peach salad for everybody.

If a tired and flagging appetite needs a little incentive during the midsummer months, pick a crunchy, appetizing salad at the cafeteria counter. Choose one to accompany your main dish, or select a cold plate in place of the entree. You can eat a lot of vitamins by eating a cold plate, plus enriched bread, a beverage and dessert.

Choose a substantial salad lunch at the plant cafeteria by following any one of the menu patterns given below. Each menu pattern is illustrated by a sample menu which shows how to select a lunch which will be delicious, nutritious, and satisfying.

Menu Pattern

Sample Menu

1. Soup (cream soup, chowder,  
split pea or bean soup)

Salad

Bread and butter

Dessert

Beverage

2. Citrus fruit or tomato juice

Salad

Sandwiches

Dessert

Beverage

3. Salad

Potatoes

Green or yellow vegetable

Bread and butter

Dessert

Milk

4. Cold plate

Bread and butter

Dessert

Milk

1. Vegetable chowder

Stuffed egg salad

Whole-wheat rolls with butter

Peach cobbler

Beverage

2. Tomato juice

Ham salad

Peanut butter sandwiches

Baked custard

Beverage

3. Tuna fish salad

Baked potato

Summer squash

Whole-wheat bread and butter

Cherry pie

Milk

4. Cold plate:

Sliced luncheon meat

Cabbage and green pepper salad

Potato salad

Biscuits with butter

Chocolate pudding

Milk

It's Time to Can

Paul Stark, recently-appointed Director of Home Food Supply, WFA, strongly urges everyone who has access to a plot of land to grow vegetables for home preservation. The need for victory garden tomatoes is especially great since the supply of commercially canned tomatoes is expected to be low this year. An excellent Georgia peach crop, to put it mildly, is now arriving on the market and home canners are urged to take advantage of it.



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